

**Spend some time reflecting on these questions by yourself
and then share your reflections with your colleagues.**

**How can you or your organisation create spaces to support the mental
wellbeing of caregivers?**

**How can your organisation incorporate the first 1000 days into your
work?**

**What can your organisation do to strengthen the fabric of support for
caregivers in communities?**

Enjoy!

THE LEARNING LUNCH PODCAST

**WHAT SCIENCE
TELLS US ABOUT**
babies' brains

